



Physical Ability Test

A L E R T



Most recruits that fail the physical training portion of the Academy do so as a result of an overuse injury. If you fail to prepare, you are setting yourself up for **FAILURE**.

You must start **NOW** to properly build a training base and start the Academy at a conditioning level that will ensure successful completion of the physical training. Prior to starting the conditioning program, invest in a quality pair of running shoes purchased from a reputable running store.

After several weeks of easy running, it is recommended that you do aerobic exercises, calisthenics, stretching, distance running and circuits. **During the Academy ALL RUNNING IS DONE OUTDOORS ON ROADWAYS and not on treadmills, so TRAIN ACCORDINGLY.**

Start and finish each work out session with stretching. No more than two circuit sessions should be done per week, with at least one day between sessions. The number of distance runs per week will vary with fitness level. It is recommended that you follow the included **STRETCHING** and **CALISTHENICS ILLUSTRATIONS**, and **PROGRESSION OUTLINES** (LBPD Academy Distance Running Chart & Aerobics Exercise Circuit with Calisthenics).

PHYSICAL ABILITY TEST

This test plays a significant role in **CANDIDATE SELECTION**. The Physical Ability Test (PAT) will be administered during the scheduled orientations for the invited candidates. Candidates that pass the written exam will be invited to either an orientation in late November or early January. The PAT is a pass/fail event that is timed; it requires the candidate to:

- **Run 300 feet**
- **Scale 6 foot solid wall (2 attempts)**
- **Negotiate a 16 foot balance beam (2 attempts)**
- **Run another 300 feet**
- **Squeeze grip-strength measuring device**
- **Mandatory rest of 30-seconds**
- **Run 50 feet to a dummy**
- **Drag a 165 lb. dummy 50 feet**

After the PAT, candidates will then be required to perform as many **PUSH-UPS** as able (up to 40) then **run 1-½ miles** on a flat, out and back course. These two events will be used to assess each candidate's physical fitness readiness to enter the Long Beach Police Academy.